

Appendix H: DRAFT Phase IV Community Resilience Plan Guidance Document & Sample Template

Minnesota Communities Caring for Children is partnering with Children’s Mental Health and Family Services Collaboratives to support Community Resilience Conversations that will help Collaboratives' communities move from understanding neurobiology, epigenetics, ACEs, and resilience (NEAR) Science to Community Resilience Planning for possible community responses. Community stories and local data will inform these conversations.

In working towards reducing ACEs, increasing resilience and promoting trauma-informed practices, communities can develop a Community Resilience Plan that incorporates leadership expansion, community collaboration, shared learning, and results-based decision making. The goals of the plan are two-fold:

1. Enhance community collaboration and capacity.
2. Implement strategies to enhance protective/resilience factors and reduce ACEs.

Goal 1: Enhance Community Collaboration and Capacity

Use findings from the Understanding ACEs and Building Self-Healing Communities Assessment Tool, local listening sessions, focus groups, and/or one-on-one interviews to inform action planning related to:

- Raising community awareness about NEAR Science
- Offering opportunities for shared learning
- Assessing and mapping community assets and partners
- Ensuring a diverse array of community leaders engaged in shared decision-making
- Building relationships across sectors and populations
- Gathering data and stories
- Hosting community discussions and cafes

Objective 1. Leadership Expansion			
Activities	Partners/Participants	Timeline	Resources
Short-term outcomes:			
Intermediate outcomes:			
Long-term outcomes:			

Objective 2. Coming Together			
Activities	Partners/Participants	Timeline	Resources
Short-term outcomes:			
Intermediate outcomes:			
Long-term outcomes:			

Objective 3. Shared Learning			
Activities	Partners/Participants	Timeline	Resources
Short-term outcomes:			
Intermediate outcomes:			
Long-term outcomes:			

Objective 4. Results-Based Decision Making			
Activities	Partners/Participants	Timeline	Resources
Short-term outcomes:			
Intermediate outcomes:			
Long-term outcomes:			

Goal 2: Implement Strategies to Enhance Protective/Resilience Factors and Reduce ACEs

Strategies to enhance protective/resilience factors and reduce ACEs may vary widely, not only from community to community, but also sector to sector. Community partners will know best what strategies can help advance community change efforts and what partners can accomplish based on time, resources, buy-in, etc. Goal 2 can comprise multiple mini-plans to be implemented by partner organizations, agencies, and community groups.

Strategies could include new policies or protocols, new or improved services, new programs, etc. to strengthen families and communities. For example, a school district might implement a new Social Emotional Learning curriculum or a local public health agency may partner with their clients to establish a parent/caregiver advisory group to help guide decision-making.

What do local data on protective factors and ACEs point to as the greatest need? Which partners are ready and willing to implement a new strategy? What do stories from youth and families illuminate about their experiences with local child welfare, justice, public health, and education?

Objective 1.			
Activities	Partners/Participants	Timeline	Resources
Short-term outcomes:			
Intermediate outcomes:			
Long-term outcomes:			

Examples

Goal 1, Objective 3. Shared Learning			
Activities	Partners/ Participants	Timeline	Resources
<i>Gather stories from parent recipients of services on their experiences</i>	<i>Graduate students will work with family-serving organizations to recruit and interview parents</i>	<i>By March 30, 2019</i>	<i>Incentives for parents, safe and private meeting spaces for interviews</i>
<i>Compile data on ACEs, risk factors, protective factors from multiple community sectors</i>	<i>Local public health agency</i>	<i>By March 30, 2019</i>	<i>Data-sharing agreements</i>
<i>Develop and share a community profile integrating all data and stories collected</i>	<i>Local public health agency</i>	<i>By May 15, 2019</i>	<i>Websites, report, presentations, community meetings</i>
Short-term outcomes: <i>Community profile developed and shared with stakeholders</i>			
Intermediate outcomes: <i>Data used to guide decision-making and planning</i>			
Long-term outcomes: <i>Profile updated annually to track trends over time and respond to emerging needs</i>			

Goal 2, Objective 1. Implement a new Social Emotional Learning curriculum in School District X

Activities	Partners/Participants	Timeline	Resources
<i>Meet with district stakeholders and parents to assess needs and interests</i>	<i>School administration, teachers, school counselors, parents/guardians</i>	<i>By February 28, 2019</i>	<i>Meeting space, child care for parents</i>
<i>Research available curricula for evidence of effectiveness, cost, etc.</i>	<i>Teachers, school counselors</i>	<i>By April 30, 2019</i>	<i>Other local school districts, MDE</i>
<i>Hold a curriculum selection meeting</i>	<i>Teachers, school counselors, parents/guardians</i>	<i>By May 15, 2019</i>	<i>Meeting space, child care for parents</i>
<i>Get School Board approval</i>	<i>School Board</i>	<i>By June 30, 2019</i>	<i>Time on board agenda</i>
<i>Train teachers on curriculum</i>	<i>Teachers</i>	<i>By August 15, 2019</i>	<i>Travel budget to attend regional training</i>
<i>Implement curriculum in grades 4-6</i>	<i>Teachers</i>	<i>By December 30, 2019</i>	<i>Materials for all students</i>

Short-term outcomes (6-12 months): # of sessions completed; # of students reached; pre-post test changes in self-reported skills, behaviors, beliefs

Intermediate outcomes (1-2 years): Changes in classroom behavior as observed by teachers; changes in home behavior as observed by parents; reductions in school disciplinary incidents

Long-term outcomes (3 years): Increases in self-reported social competency and behavioral health as measured by the MSS Grade 8 survey

Extra long-term outcomes (10 years): Reductions in ACEs